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NextChapter

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[Orientation via Therapist/Case Manager only.](#)

SPRING 2026

# What's New at the Resource Center?



## Upcoming Events

### Smoothie Tuesday

On the first Tuesday of the month from 1:30 - 2:30 p.m.

- March 3, April 7, May 5

### Select Your Style

On the second Tuesday of each month, from 7:30 to 10:00 a.m. and 11:30 a.m. to 2:15 p.m.

- March 10, April 14, May 12

### Game Show Day

On the third Tuesday of each month, from 1:00 to 2:30 p.m.

- March 17, April 21, May 19

### Ice Cream Social

On the fourth Tuesday of every month, from 1:00 - 1:45 p.m.

- March 24, April 28, May 26



## Resource Center Reimagined

### New Resource Center Operating Hours

The Resource Center will be opening its doors up at 7:00 a.m. to all eligible community members. Previous Child and Family hours that were separate from Adult hours are being merged. All eligible community members will be able to access drop-in services, food provision, lunch service, Shopette and groups/events during operating hours of 7:00 a.m. – 3:00 p.m.

### Weekly Operating Hours

- **Monday: 7:00 a.m. – 3:00 p.m.**
- **Tuesday: 7:00 a.m. – 3:00 p.m.**
- **Wednesday: 7:00 a.m. – 3:00 p.m.**
- **Thursday: 7:00 a.m. – 1:00 p.m.**
- **Friday: 7:00 a.m. – 3:00 p.m.**

### New Shopette Operating Hours

The Shopette hours are being extended by a total of 10 hours throughout the week. Previous Child and Family Shopette hours that were separated from Adult Shopette hours are being merged. Please refer to the new Shopette operating hours.

### Weekly Operating Hours

- **Monday:**
  - **8:00 – 10:30 a.m.**
  - **12:00 – 2:30 p.m.**
- **Tuesday:**
  - **8:00 – 10:30 a.m.**
  - **12:00 – 2:30 p.m.**
- **Wednesday:**
  - **8:00 – 10:30 a.m.**
  - **12:00 – 2:30 p.m.**
- **Thursday:**
  - **8:00 a.m. – 12:30 p.m.**
- **Friday:**
  - **8:00 – 10:30 a.m.**
  - **12:00 – 2:30 p.m.**

**About WellPower:** We know the pursuit to live, feel and be well looks different for each person. At WellPower, we power the pursuit of well-being by supporting and promoting the vital connection between a person's mental health and overall well-being. Our nationally-recognized services help children, families and adults in the Denver community create a path to living happier and healthier lives.



## Resource Center Reimagined

### New Food Provision Schedule

Our former Foodbank Friday operations have transitioned Daily Market. The Daily Market consists of varying offerings throughout the week, where each day has a different selection of food items. Shoppers have the opportunity to utilize the Daily Market every day during its operation hours (please refer to the new food provision schedule). With this change in scheduling and access, there is 23 hours of increased access to food provision for all community members.

### Foodbank → Daily Market

- **Monday: 8:00 a.m. – 2:00 p.m.**
- **Tuesday: 8:00 a.m. – 2:00 p.m.**
- **Wednesday: 8:00 a.m. – 2:00 p.m.**
- **Thursday: 8:00 a.m. – 1:00 p.m.**
- **Friday: 8:00 a.m. – 2:00 p.m.**

### Emergency Food Boxes

The Resource Center no longer provides Emergency food boxes per clinical team request. Moving forward, emergency food boxes will be available through Dahlia Campus for Health & Well-Being. Please look out for further details on how to request an emergency food box.

### Hot Lunch Service

The Resource Center provides hot lunches Monday through Friday, between 11:00 a.m. and 12:00 p.m.

Lunches are limited and are on a first come, first serve basis. Clinical team members and caregivers who are actively engaging in service provision with their individuals in services at the Resource Center may enjoy a lunch with them in the building.

### Case Manager Request Items

- The Resource Center **no longer** provides purchased air mattresses as a one-time allotment to eligible community members per clinical team request. Any air mattress availability will be based on donations received and will be available on a first come, first serve basis in the Shopette.
- The Resource Center will **continue** to provide move-in-boxes, sleeping bags and medical equipment (medical equipment based on availability) as a one-time allotment to eligible community members per clinical team request. Please reach out to [\*\*ResourceCenter@wellpower.org\*\*](mailto:ResourceCenter@wellpower.org) for requests.

## Jeopardy Event Redesigned! Now known as Game Show Event.

While Jeopardy is always a blast, we're shaking things up this time! How would you feel about joining us for Charades, Wheel of Fortune, and/or Pictionary? The Resource Center has expanded this event to bring even more variety, energy, and opportunities to show off different talents.

Get ready to flex your trivia knowledge, unleash your artistic flair, or tap into your inner actor—because this game-show-inspired gathering is all about fun, creativity, and friendly competition. We can't wait to enjoy these activities with you!



## Peer Support with WellPower's Zero Suicide Program is now weekly.



Due to high demand this Peer Led Zero Suicide Group will now be **every Monday from 12:00 - 1:00 p.m.** The goal of Zero Suicide is to support people struggling with suicidal thoughts or self harm. Talk to staff if you have any questions.

### Here are a few examples of how Zero Suicide peers can help you if you're experiencing thoughts of suicide or self harm:

- Support during the transition phases (out of the hospital, into the community, to a different service provider, ect.).
- Help with navigating community resources.
- Support though a non-clinical, non-judgmental safe space during your mental health recovery
- Connecting with someone who has lived experience to walk alongside you during your own mental health recovery journey.

# The Resource Center Dashboard

## The Resource Center has an online presence.

Our dashboard is where you can see our hours, upcoming events, our weekly lunch menu and can also download our newsletter and calendar without needing to visit our building. **Visit us online at: [wellpower.org/resource-center-dashboard](https://wellpower.org/resource-center-dashboard)**

(You can also scan this QR code)



## Resource Center Dashboard

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Our dashboard is also a wonderful place to tell us how we can improve our programs, what you would like to see more or less of and/or share your thoughts and opinions with us.

### Welcome to the Resource Center Dashboard

Here, you'll find our class schedule, events, ways to contact The Resource Center staff, important messages, and more.

Important Messages

Newsletter

Special Events

Monthly Calendar

Contact Us

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## Important Messages

The **weekly lunch menu** at the Resource Center is:

- **Monday:** Herbed Chicken Drumsticks, Mashed Potatoes, Cornbread
- **Tuesday:** Chicken Pesto W/Veggies, Beet Salad, Steamed Corn
- **Wednesday:** Beef Goulash, Sauteed Summer Squash, Steamed Peas
- **Thursday:** Chicken Salad Sandwiches
- **Friday:** Turkey and Cheese Sandwiches

**Reminder:** Street sweeping is the first week of the month (April - November) around the The Resource Center. Street parking may be limited during this time.

## Vocational Trainee Work Experience

The Resource Center's Vocational Trainee program provides employment experience to WellPower individuals who wish to learn a job or vocational skill. The goal of the program is to help individuals obtain work related skills and experiences that will lead to regular employment in the communities where they live.

Due to the large number of applicants we get, not every applicant will be selected for an interview.

Each program provides 9 months of learning experiences meant to support finding regular employment in the competitive workforce. WellPower's Vocational Trainee Work Experience program offers the following positions:

- Door Greeter
- Clerical
- Customer Service
- Inventory

### **If Interested:**

Please scan the below code:



or go to:

**<https://job-boards.greenhouse.io/vocationaltraineeexperience>**



## Our First Ever Community Giveback Event

On December 9, 2025, many of our community members join together to share their incredible talents and give back to our community. More than 1200 items were created, including: t-shirts, earrings, resin combs and keychains, necklaces, knitted hats/scarfs and bracelets. Thank you to all of the talented community member who shared their skills and thank you to everyone who joined us for this event.



### Arts and Crafts

Arts and Crafts is one of our longest-running groups, offering a platform to showcase your creativity and discover new methods to bring your ideas to life. Past projects have included candle making, jewelry creation, tie-dye shirts and more. This class is held **weekly on Tuesdays from 8:00 – 10:00 a.m.**



## Community Karaoke: Sing, Dance, and Have Fun!

Join us for our Community Karaoke event where everyone is welcome—no singing or dancing skills required! This event is all about having fun, letting loose and celebrating good vibes together. Whether you love belting out your favorite songs, dancing along to the music or just cheering on your friends, there is a place for you.

Expect a welcoming, judgment-free atmosphere filled with laughter, music and plenty of opportunities to get up on stage (or stay in your seat and groove!). With a supportive crowd, this is the perfect chance to try something new and enjoy an afternoon of pure entertainment.

Come as you are—sing loud, dance freely and enjoy the community spirit!



### Mental Health Matters

Join us to explore various topics related to mental health, including diagnoses, symptoms, coping strategies and more. Led by licensed therapist Mikayla Hammond. This group aims to create a space for education and open discussion on specific mental health topics.

Each month, a different topic will be covered, with sessions held **twice per month on the second and fourth Tuesdays from 12:00 to 1:00 p.m.**

### Regular BINGO and Wild BINGO

Join us for Regular BINGO – a classic favorite with great prizes and even better company! It's the perfect way to relax, socialize and test your luck.

Feeling adventurous? Don't miss Wild BINGO – a once a month fun twist on the traditional game with fun new patterns and a chance to win an even bigger prize through our Golden ticket (3 wins during that day equals a giveaway level prize)!

- **Regular BINGO is each Wednesday at 9:30 - 11:00 a.m. and 12:30 - 2:00 p.m.**
- **Wild BINGO is only on the last Friday of the month and is from 9:30 - 11 a.m.**

## Select your Style: A Monthly Self-Care Boost!

Looking to add a little extra self-care to your routine? Or maybe you're running low on some hygiene essentials? Join us at the Resource Center on the second Tuesday of each month for our Select Your Style event! This monthly offering gives you the chance to choose up to five (5) hygiene items—completely free.

Whether you're stocking up or simply treating yourself, Select Your Style is a great way to prioritize your wellbeing and feel your best.

We look forward to seeing you there!

### Upcoming Select Your Style

#### Dates:

- March 10
- April 14
- May 12

#### Times:

- 7:30 - 10:00 a.m.
- 11:30 a.m. - 2:15 p.m.

#### An example of what items we have had in the past have included:

- Sunglasses & Reading Glasses
- Make-up (Face & Eye)
- Jewelry
- Reusable Bags
- Nail & Beard Care
- Hair Color/Accessories
- Shampoo & Body Wash
- Skincare products
- Perfume & Cologne
- Shaving items
- First Aid Supplies
- Hairbrushes & Combs
- Wigs & Extensions
- Phone/Tablet Cases



## Important Dates and Holidays this Season

### March 20 – Ostara (Wicca/Paganism)

Ostara is an ancient pagan festival that celebrates the coming of Spring. Ostara traces its roots to ancient pagan traditions, particularly those of Germanic and Celtic origin. Named after the Germanic goddess Eostre, whose name evokes the dawn and the burgeoning light of spring, Ostara embodies the cyclical rhythm of nature's rebirth. In pre-Christian times, communities across Europe gathered to honor Eostre and celebrate the vernal equinox, heralding the return of warmth and fertility to the land. **For more information scan the the QR code to the right.**



### March 31 – International Transgender Day of Visibility (TDOV)

Each year on March 31, the world observes Transgender Day of Visibility (TDOV) to raise awareness about transgender people. It is a day to celebrate the lives and contributions of trans people, while also drawing attention to the disproportionate levels of poverty, discrimination, and violence the community faces compared to cisgender (non-transgender) people. International TDOV was created in 2010 by trans advocate Rachel Crandall. **For more information scan the the QR code to the left.**

### April 22 – Earth Day

Earth Day was first observed on April 22, 1970, when an estimated 20 million people nationwide attended the inaugural events at tens of thousands of sites including elementary and secondary schools, universities, and community sites across the United States. Senator Gaylord Nelson promoted Earth Day, calling upon students to fight for environmental causes and oppose environmental degradation with the same energy that they displayed in opposing the Vietnam War. By the twentieth anniversary of the first event, more than 200 million people in 141 countries had participated in Earth Day celebrations. The celebrations continue to grow. **For more information scan the the QR code to the right.**



## Important Dates and Holidays this Season

### April 13 to April 14 – Yom Hashoah begins at sunset (Jewish)

The U.S. Department of State annually hosts a Yom HaShoah event, often in partnership with the international diplomatic corps in Washington, DC, to honor the lives and memory of the six million Jews who were killed during the Holocaust and the millions of other victims of Nazi persecution. Yom HaShoah also honors the survivors of history’s darkest hour and those heroes who found the courage to resist Nazi oppression. **For more information scan the the QR code to the right.**



### May 1 – Visakha Puja Day (Buddhism)

Visakha Puja Day or Vesak Day is one of the most important days in Buddhism and for all Buddhists. It is the day Buddhists assemble to commemorate the life of the Lord Buddha, and to revere his purity, profound wisdom and immense compassion for all humankind and living beings by reflecting and applying his teachings as guidelines for their lives. Visakha Puja Day also marks the anniversary of three significant events in the life of the Buddha – His Birth, Enlightenment, and Attainment of Complete Nirvana – that occurred on the 15th day of the 6th lunar month. **For more information scan the the QR code to the left.**

### May 25 – Memorial Day

Americans began to recognize Memorial Day in 1868, and the country established it as a federal holiday in 1971. Originally known as “Decoration Day,” the holiday started with communities coming together to decorate the graves of those who died during service.

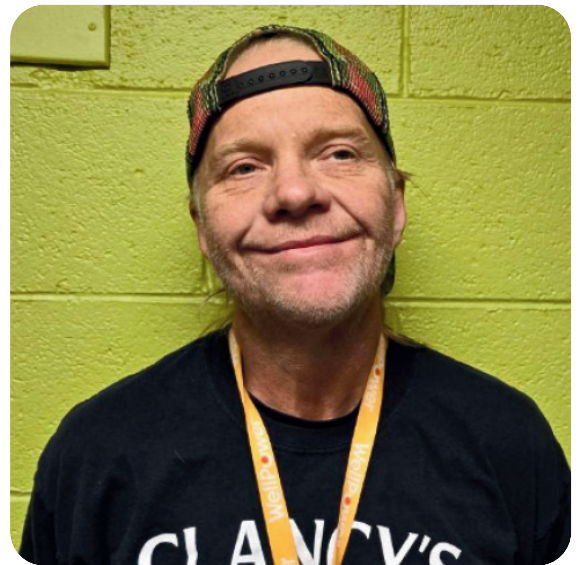
After the Civil War, Americans across the nation began holding tributes in the spring, decorating graves with flowers, reciting prayers, and honoring fallen soldiers of the war . Some records show that formerly enslaved people in Charleston, South Carolina organized the earliest Memorial Day commemorations in 1865. **For more information scan the the QR code to the right.**



## Vocational Trainees of the Month:



**SeeSee**  
January 2026  
Left



**Tim**  
February 2026  
Right



**Bam**  
March 2026  
Left

### Questions or Concerns?

Please reach out to us at The Resource Center:

- (303) 504-6800
- [Resourcecenter@wellpower.org](mailto:Resourcecenter@wellpower.org)



# NextChapter

## **Community Based Education**

Our Community Education program helps students who are interested in pursuing higher education in the community. Our Education Counselors help people navigate the education process from beginning to end, including providing on campus support.

## **General Education**

Classes are provided to help build skills for community education, career pursuits or general knowledge. We offer a variety of classes in computers, reading, math, Spanish and writing, as well as, tutoring in several subjects. We also assist with both in house and community-based volunteering opportunities to further explore and prepare for careers.

## **Supported Employment**

Work is an important goal for the people we serve and an important factor in their recovery. NextChapter teaches professional skills, provides career assessments and matches Denver area businesses with productive and motivated employees.

## **Culinary Training**

Trainees gain valuable, paid, on-the-job training while preparing and providing nutritious meals within Sally's Café, an operating restaurant at NextChapter. The training offers participants the chance to see how a functioning food service entity runs and explore different job areas they might be interested in pursuing in the community.

## **Peer Support Services**

NextChapter recognizes the importance of lived experience by providing peer support services. Individual and group support, peer led classes and workshops and opportunities for training and employment.

## **NextChapter Art Program**

The NextChapter Art Studio provides people with a wide range of materials and instruction, as well as a spacious and welcoming art studio, to create forms of visual art. We assist artists in creative expression as a part of their journey in recovery.

## **Health and Wellness**

We focus on well-being and recovery for the whole person. This includes physical health and nutrition. In addition to our gym and studio, we have outings to rec centers, nutrition classes, group meditation and other classes to promote a healthy lifestyle.